

# FIT CLASS SCHEDULE

FITNESS & TECHNICAL CLASSES FOR TEENS & ADULTS

**URBAN  
XTREME**  
SKI + ADVENTURE SPORTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MORNING CLASSES

5:45AM - 7:45AM

WARRIORFIT  
OPEN SESSION

NO FIT  
CLASSES

5:45AM

CLIMBFIT

NO FIT  
CLASSES

5:45AM - 7:45AM

NINJAFIT  
OPEN SESSION

5:45AM - 7:15AM

WARRIORFIT

8:00AM

WARRIORFIT

6:45AM - 7:45AM

OPEN GYM  
SESSION

7:45AM

JUMPFIT

9:00AM

FLEXIFIT

10:00AM

LEARN TO LEAD

9AM - 11AM

CLIMB & MIND

## AFTERNOON CLASSES

5:30PM

NINJAFIT

5:30PM

CLIMBFIT

6:00PM

XTREMEFIT &  
FREESTYLE

6:00PM - 7:30PM

LASER TAG  
SOCIAL NIGHT

5:30PM

SKIFIT

6:00PM

CLIMB 101

3:30PM

PARKOURFIT &  
FREESTYLE

6:30PM

BOXFIT

6:00PM

CLIMB 101

6PM - 8PM  
LEARN TO LEAD

6:00PM

CLIMB 202

6:30PM

JUMPFIT

3:30PM

WARRIORFIT

6:30PM

JUMPFIT

4:30PM

ULTIMATE TAG

**BOOK ONLINE [URBAN-XTREME.COM.AU](http://URBAN-XTREME.COM.AU)**

T&C's: Class are subject to availability and spaces are limited. Online bookings required.

UX Grip Socks required for JUMPFIT Class. Enclosed shoes required for all other classes.

Please note: Class times may vary during school holidays, check website for details.

UPDATED SEPTEMBER 2021.

